



INE: Digestion:30-Day Gut Repair and Detox Protocol




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Digestion:
30-Day Gut Repair and
Detox Protocol

Dr. Ritamarie Loscalzo


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Foundations of Healthy Digestion

- ✓ Eat in a calm relaxed state – deep breathing and appreciation
- ✓ Start the day with a cleansing beverage of warm or room temperature water, lemon, cayenne, and mint oil
- ✓ Drink a glass of lukewarm water ½ hour before the meal
- ✓ **Bitters** 5 minutes before the meal
- ✓ **Digestive enzymes** with all cooked and complex raw meals
- ✓ Chew food thoroughly
- ✓ Eat slowly and focus on the meal
- ✓ Food combining or sequencing



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Gut-Friendly Foods to Include Daily

- ✓ Green drinks – 32 ounces or more
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic-containing foods
- ✓ Lots of greens, to tolerance
- ✓ Brassicas, aka cruciferous vegetables
- ✓ Fruit should be eaten with greens or celery to prevent a sudden rise in blood sugar, and potential to feed yeast
- ✓ Enzymes: 1-2 with all meals, except juice only or shake



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Gut Repair and Healing Cleanse

Liquid only, any combination

- Water
- Chia beverage
- Green juice
- Green smoothie
- Green soup
- Green powder
- Protein powder
- HealthForce Nutritionals Earth
- Slippery elm drinks
- Aloe vera



*Include some arugula leaves in green drink

***At least 2 days of liquid only recommended; longer if chronic, irritated or inflamed gut tissue.



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Supplements for Gut Repair Jumpstart

- ✓ NAC: 600 mg
- ✓ L-Glutamine: 3500 mg
- ✓ Arabinogalactan: 2000 mg
- ✓ DGL (Deglycyrrhizinized Licorice Root): 500 mg
- ✓ Aloe Leaf Extract: 100 mg
- ✓ Vitamin B1: 150 mg 3 times/day



***GlutaMed by NuMedich and RepairVite by Apex have all but the NAC. RepairVite includes a nice assortment of other healing herbs.

**This is one sample of a regime; it may need to be adapted if some ingredients not tolerated



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Optional Supplements for Gut Repair Jumpstart

Sialex (Ecological Formulas)

1-3 capsules after each meal for irritable and inflammatory bowel for restoring mucin in cases of long standing inflammation

Quercetin

500 mg three times a day for inflammation and calming mast cell reactions



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Intestinal Rebuild Healing Jumpstart

First 2 days (or longer)

- ✓ Liquid repair and healing cleanse
- ✓ Supplements: 3 times per day
- ✓ Optional: a clean protein powder
 - Sunwarrior: Warrior Blend or Sprouted Brown Rice
 - HealthForce Nutritionals: Warrior Food or Elite Green Protein
 - Boku: Protein in the Buff
- ✓ OR gut-healing protein and nutrient blends
 - Apex: RepairVite
 - NuMedica: GlutaMed plus protein
 - Thorne: MediClear Plus
 - Metagenics: UltraClear Sustain or UltraInflamX*

Next 5 Days

- ✓ Drink 2-3 green drinks - replace one or two meals.
- ✓ Eat one meal of veggies, raw or lightly steamed, optionally with soaked nuts and/or seeds.
- ✓ Take supplements twice a day and continue supplements for a month.

**Read labels carefully. Thorne and Metagenics change formulas sometimes and there have been added sugars.*



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7-Day Gut Detox and 23-Day Repair Protocol	
Gut Detox: First 2 Days (or longer if desired)	Gut Detox: Next 5 Days
<ol style="list-style-type: none"> Green drinks only, no solid food. Drink as much as you'd like. Options: <ul style="list-style-type: none"> • Green juice • Green smoothie with greens and optionally fruit (skip if candida overgrowth), no nuts, no fats except coconut oil or avocado • Green soup NAC 600 mg - 1 scoop 3X/day Glutamine or RepairVite 1 scoop 3X/day Vitamin B1 150 mg 3X/day Optional: Clean protein powder 1-2 scoops per day Optional: Sialex*** 1-3 capsules 3X/day - the higher your digestive imbalance scores, the more you need Optional: Quercetin 500 mg 3X/day 	<ol style="list-style-type: none"> 2-3 green drinks each day - replace one or two meals with green drinks One veggie meal, raw or lightly steamed, optionally with soaked nuts and/or seeds, sprouts and sweet potatoes if needed and blood sugar tolerates Digestive enzymes and bitters with meals if assessments showed impaired small intestine or stomach. Take supplements twice a day now. Continue for a month. Nitric Oxide veggies - arugula salad once or twice a day with spinach leaves and grated beet

Glutamine
DGL
Aloe
Arabinogalactan
Marshmallow
Slippery Elm

***Sialex added for symptoms of irritable bowel, pain, discomfort, inflammation. 1-3 capsules 3X per day until symptoms subside then 2X per day for a month.

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7-Day Gut Detox and 23-Day Repair Protocol

Gut Repair: Days 8 – 30

- Continue with **2 or more green drinks** each day (more if you are so inclined) - Whenever possible, replace one or two meals with green drinks.
- Continue **supplements** twice a day.
- Continue **elimination diet**.
- Use *"Foods that Harm, Foods that Heal Your Digestion"* as a guideline of what to eat.
- Make the **Healing Broth Recipe for Inflamed Colon** recipe from the GRAND Recipe Collection as often as possible.
- Take **bitters** before meals if you scored high on the low stomach acid part of the digestive assessment.
- Take **digestive enzymes** with each meal if you scored high on the low stomach **acid**, **or** small intestine/pancreas part of the digestive assessment.
- Make sure you are eliminating! Consult *"Moving Toxins Out: Elimination Bootcamp for Your Bowels"* for additional suggestions and consider enemas and colonics. For lots of resources on doing enemas at home check out: <http://www.drRitamarie.com/go/CoffeeEnemaLiterature>

If you've had long standing, chronic or severe digestive issues, have been diagnosed with Crohn's or ulcerative colitis, or you have a negative reaction to mucilaginous foods and herbs, consider choosing only those foods on the "Modified Specific Carbohydrate Diet".



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